



# the DRY DOCK

Vol. 57 No. 19

SAN DIEGO, CALIF.

Friday, May 13, 1994

**Eger moves staff in speech for Nurses week**

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## Medical Center set to honor EMTs, ER staff in week-long program plus 911 awareness

By H. Sam Samuelson

The Naval Medical Center will hold Emergency Medical Services Appreciation and 911 Awareness week activities all week beginning Monday, May 16 through Friday, each day from 11 a.m. to 2 p.m.

All events are open to staff, patients, active duty military and their families.

The purpose of the week-long event is "to show appreciation for the medical center's EMS personnel here, get to know them and, further, to educate people using the 911 system," said HM3 Gene Morris, the medical center's EMS leading petty officer and coordinator for the week-long agenda. Plans for the celebration have been in the works for at least three months, Morris said.

"Originally, my intention was to build a positive image for the medical center's emergency medical technicians and ER staff," Morris said. "I was just going to have a display in the courtyard. But as the team (Lt. Cmdr. John Brown, Cmdr. Tom Cheney and HN Bradley White) began putting it all together we realized it could be bigger and more educational as well."

For example, using 911 can ac-

tually be tricky.

"The ER gets several calls a day and they can be about anything, literally — chest pain, elevated temperature, cuts, gunshot wounds. People wonder what to do. But everyone should know that, when in doubt, it is always better to err on the side of caution.

"If you believe you, or someone near you, is experiencing a life-threatening problem, you should call 911," Morris explained.

Please see 911, page 9

### Navy Relief set for May kick-off

Naval Medical Center San Diego is set to kick off the 1994 Navy and Marine Corps Relief Society campaign this week.

Navy and Marine Corps Relief was established 90 years ago and the volunteer agency's mission remains the same today: helping young Navy couples in time of need.

And the society is growing.

- Since 1983 the society has increased its loan and grant assistance by more than 300 percent from \$13 million annually to \$53 million.

Please see Relief, page 9

## Old clinic shuts doors, new clinic opens and turns page in family history

By H. Sam Samuelson

Lee R. Cornforth watched them shut the doors on the old Branch Medical Clinic at Naval Training Center, San Diego, for the last time Wednesday and realized one page in his family's history book was turned and a new chapter started at the same time.

"This building has been standing here since 1922 and hasn't changed at all — even the colors are pretty much the same since I was here in 1954," Cornforth reportedly told his son.

Cornforth was a corpsman who served in the Navy in the 1950s. He was stationed at the medical clinic, later transferred to the Fleet Marine Force and hadn't returned until last week when the Navy dedicated a new clinic just a few blocks west of the old buildings.

It had been 40 years.

Cornforth was a guest at the dedication ceremony which officially opened the sprawling, new facility. Not because he is a veteran of the old clinic, but because his son is the branch head of the new clinic.

Lt. Cmdr. Lee L. Cornforth said his father last saw the old



Photo by H. Sam Samuelson

Rear Adm. Richard A. Nelson, commander, Naval Medical Center San Diego, (left) joins Capt. John C. Ensch, commanding officer, Naval Training Center San Diego, and Capt. Thomas C. Splitgerber in holding the "key" to Naval Training Center's new, state-of-the-art Branch Medical Clinic.

buildings before deploying to Korea with the Marines about 40 years ago.

"He recognized the buildings right away," said the younger Cornforth. "And I remember him pointing to building 6 —

that's where he worked as a corpsman — and said, 'That's where the old dispensary used to be.' He said NTC has done a pretty good job preserving the buildings."

Please see Clinic, page 3

## TRICARE open house allows staff to tour spaces, learn about program



Region Nine TRICARE staff display a cake celebrating an open house for the new TRICARE offices in the north wing of the fourth deck in building 6 earlier this week. Region Nine TRICARE is the central administrative and operational office for all TRICARE activities in Region Nine. The open house was held to introduce staff to the new spaces and to TRICARE administration. Pictured are (right to left) Capt. Steven Olson, director of Region Nine TRICARE; Capt. James Chandler, Lt. Kim Marshall, Kathy Klaser and HN Adrian Sodrel.

Photo by Lance Cpl. Jesse Gomez

## HM/DT Olympics slated for June 25

By H. Sam Samuelson

Naval Hospital Camp Pendleton will be ground zero for the ninth annual Southern California Hopspital Corpsman and Dental Technician Olympics to be held Saturday, June 25 beginning at 8 a.m., said HM/DT Olympics coordinator HMC P. J. Palen.

The events are open to all hospital corpsmen and dental technicians who wish to participate. Palen said spectators are promised a day of lively competition.

The HM/DT Olympics were originally designed to hone the battlefield skills of corpsmen and dental technicians and include such events as the stretcher bearer obstacle course, tent erection and strike down, field casualty treatment and triage, and other medically related events which test both knowledge and skill.

"There are no losers in this competition," Palen said. "You can't lose if you meet a new shipmate, if you learn a new skill or develop and hone existing skills in a competition that tests military medical skills you may not use in your day to day work."

HM/DT Olympic events were Please see Olympics, page 9

## BRIEFING

Command Ombudsmen for Naval Medical Center San Diego invite you to view the KNSD TV Channel 39 coverage of Medical Center staff in Croatia at a family get-together Wednesday, May 18, 7 p.m. at the Foothills Christian Fellowship Hall in El Cajon.

Refreshments will be provided and childcare is available to families for \$3.

To reserve your seat at this special family event, call command ombudsman Curtis Brechter at pager 979-2012 or Patricia Reid at 569-6359 or pager 979-3006.

Students interested in applying for nomination to U.S. Service Academies for classes beginning in Summer 1995 should contact their local Senator's office in writing to request an application.

Application must be completed and returned to the Senator's office by November 3, 1994.

High school juniors and graduates who will not be 22 years old before July 1, 1995 are eligible to apply for nomination. Please see Briefing, page 3

## THIS WEEK IN FOCUS

## Navy helps sailors with relocation issues

By JO3 Giles Gilbert

Rotating soon? Got a new duty station lined up? Your detailer actually gave you some choices? Must be nice!

Decided on Pensacola, Florida? Can't wait to see the Gulf of Mexico?

As excited as you are, there's planning to do. How are you going to move everything? What

about the car? Where will the kids go to school? Housing ... now that's important. What about crime? Any neighborhoods you might not want to live in?

What about costs? Does the Navy pay for everything? If you have to pay will you be reimbursed?

Did you know that the average PCS move costs the military service members \$700 to \$1200? Are you saving in advance for that crunch?

These definitely are bubble-bursting questions but they need to be answered so that your move to Pensacola will go as smoothly as possible.

The source for the answers to these questions is the relocation counselor at the Family Service Center.

Family Service Centers are located at most major Navy installations throughout the world. They offer transitional assistance to members transferring to new commands or separating from the service, as well as many other services.

The first thing one has to do is make an appointment to meet with a relocation counselor.

Before the service member meets with a counselor, he or she is asked to fill out a questionnaire designed to gather statistics for the Bureau of Naval Personnel in Washington D.C.

Completed questionnaires are sent to BUPERS to aid in improving the process of relocating service members.

Schmiedl said a computer system is updated quarterly by each installation plugged into the system, which includes most major U.S. military installations.

The system contains more comprehensive and detailed information than what is usually provided by welcome aboard pamphlets.

The steps to get into the line are simple. Using these phone numbers, call up the system and connect to it from your terminal: 800-762-8567, 800-346-0217, 703-695-6900, 703-614-3147, DSN: 225-6900, 224-3147. Under the "Files (For Download)" section the computer will ask for a file name. Type in "pcs.exe" and press return. You are then in SITES.

If you have a home computer, the FSC may allow you to download what you want to a disk and take it home to view with the family.

However, you cannot print out the information unless you have the same printer as the relocation counselor.

"Moving is a fact of life in the military and we are here to prepare people get them enthusiastic about the challenge that lies ahead," Schmiedl said.

*Editor's note: JO3 Gilbert is a staff journalist with the Pacific Fleet Public Affairs Office*

## Correction

In the April 29 edition of the *Dry Dock*, the photo depicting a donation presented by HSL-43 Officers' Wives Club the *Dry Dock* inadvertently identified the recipient as Branch Medical Clinic North Island. The check was actually presented to Branch Medical Clinic Naval Station.

*The Dry Dock* regrets the error.

NAVAL MEDICAL CENTER  
SAN DIEGO  
READERS REPLY

## Question:

Today is Friday the 13th; are you superstitious?



HN Michael Curry, Neuro-surgery

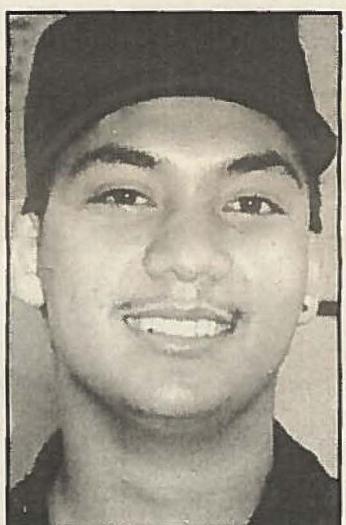


HM2 Keith Leighton, NSHS Dermatology

"No, I am not superstitious. Bad luck can be avoided. Point is, you always have choices and opportunities to change the future."



Ensign Jamie M. Lindly, Deputy Commander Office

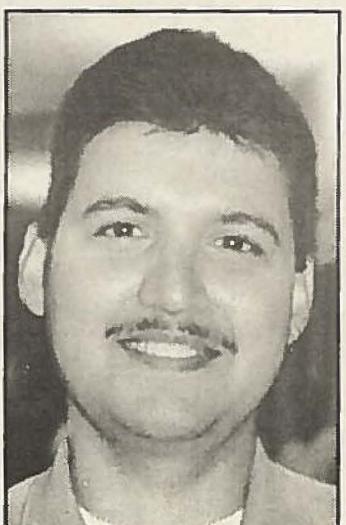


Rudy Duron, Star News Circulation Dept.

"No, the best thing that ever happened to me happened on Friday the 13th — because that's when my son was born. Nothing bad has ever happened to me on Friday the 13th!"



HN Nicole Dennell, Neuro-surgery



Lt.j.g. John Hughes, 4-W Critical Care

"No, I guess I'm not superstitious because I have never really thought about it so I guess I can't be."

"Friday the 13th is like any other day to me. I guess I don't believe in superstitions."



## the DRY DOCK

## NAVAL MEDICAL CENTER SAN DIEGO

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## News Submissions

The editorial content is edited, prepared and provided by the Naval Medical Center Public Affairs staff. Material intended for publication in the DRY DOCK may be submitted by mail addressed to Editor, DRY DOCK, Naval Medical Center, San Diego, CA 92134-5000; by phoning 532-9057 or by visiting the office in Bldg. 1. Deadline for typed story copy or photographs is 4 p.m. Monday, the week of publication.

## Classified Ads

Classified ads of 20 words or less are available free on a space-available basis to military and civilian employees, providing the ad does not reflect a business venture. Free classified ads must be submitted to the DRY DOCK office by 4 p.m. Monday. Ads are accepted only by mail or delivery; ads cannot be accepted over the telephone.

## Clinic

*Continued from page 1*



Photo by Branch Medical Clinic Archive Photo

**Branch Medical Clinic, Naval Training Center, was housed in buildings 6 and 7 and established around 1921. The first staff posed for a photo outside the building.**

Indeed, Cornforth said plans are to maintain both buildings 6 and 7 as historical sites.

Meanwhile, he will head operations at the state-of-the-art facility which was just opened.

"I think the most exciting thing for the staff is that this is a brand new, state-of-the-art building and it's quite a contrast going from a circa 1922 to this," Cornforth said. "The staff has been putting in a lot of hours to make sure the new clinic is fully operational. They are very proud of this facility."

The facility contains 95,000 square feet and consolidates both medical and dental facilities in one location.

"That should improve both communication and efficiency," Cornforth said.

The new facility will provide 24-hour acute care and military sick call, as well as specialty clinics such as orthopedics, nutrition counseling, gait analysis, exercise prescriptions, optometry, physical therapy, psychiatry and mental health.

"Something that will be new will be sports medicine



**The last staff of Branch Medical Clinic, still housed in buildings 6 and 7, shut the doors on the clinic for the final time last week. They moved into a new facility and officially dedicated it Friday.**

married to orthopedics," Cornforth said. "There will also be a special section devoted to women's sports issues and women's health."

There will be an occupational health preventive medicine unit and the Naval Dental Clinic will provide a full range of services including operative dentistry, periodontics, prosthodontics, endodontics and oral surgery.

The clinic will serve all active-duty beneficiaries, although the occupational health unit will see civil service employees injured or taken ill on the job.

## DoD celebrates month for Asian-Pacific Americans

Their numbers are small. They represent 2.7 percent of America's active military, only five percent of DoD's civilian work force.

Yet 90,000 Asian-Pacific Americans currently serve DoD and America through history with dedication, dignity and distinction — the theme of DoD's 1994 Asian-Pacific American Heritage Month.

In an annual observance started in 1979 by President Jimmy Carter, the nation celebrates the contributions and achievements of its Asian-Pacific Americans, both past and present.

Programs, exhibits and other activities sponsored by unit and installation commanders offer DoD members a chance to educate themselves on Asian-Pacific American culture and history. Meanwhile, DoD's Asian-Pacific Americans reflect on their own achievements and the accomplishments of past Asian-Pacific Americans.

Today, more than 45,000 Asian-Pacific Americans wear this country's military uniform. Another 45,000 civilians with Asian or Pacific Island ties serve DoD worldwide.

American Forces Information Service

## Eger moves some listeners to tears as she speaks during Nurse Appreciation program

*By H. Sam Samuelson*

If her words were fighter jets, Dr. Edith Eva Eger's speech during Nurse Appreciation Week would have left contrails coursing through the passageways of Naval Medical Center San Diego.

Eger, a Holocaust survivor, was the guest speaker during the medical center's Nurse Appreciation program Wednesday.

"I am here not only to celebrate Nurse Appreciation Week but to celebrate life," Eger said to the medical center staff who gathered in the building 5 auditorium to hear her. "I am here to tell you to celebrate your life."

Eger regaled the assembled staff with harrowing snippets of her imprisonment at Auschwitz and related each experience to her life today.

"As I listened to the national anthem, I had to try to keep back my tears," she confessed, "for it was you (the U.S. military) who liberated me after you landed in Normandy. You were my saviors. And where else but in America could a woman like me come to you now, at the age of 66, and speak to you as Dr. Edith Eva Eger."

One member of the audience summed up her speech as one of the most moving she had ever heard: "I had tears in my eyes," said the listener who asked not to be identified. "Later, after she spoke I told her how it seemed that, even though she spoke to the entire audience, it seemed that her words were tailored to each and every one of us individually. She answered that maybe that was her gift — maybe that's why she was saved from the Nazis by the U.S. Army."

In fact, while Eger spoke on behalf of Navy Nurses, she nevertheless



Photo by H. Sam Samuelson

**Dr. Edith Eva Eger speaks before nurses, staff and patients in the Naval Medical Center San Diego auditorium in building 5. Eger, a master story teller, is a Holocaust survivor and was guest speaker for the medical center's Nurse Appreciation Week celebration.**

less wove into her speech, words of inspiration pulled from a tragic past.

At one point she said: "I remember as a prisoner in Auschwitz by mother told me not to fear, that no matter what they took from us they couldn't take anything in

here," as she pointed to her heart.

"Please take what I tell you back to work. Learn to be you, to like you, to appreciate you because you are what is important," she told the assembled nurses and other staff and patients. "You are the architects of your lives."

## Briefing

*Continued from page 1*

nation. All applicants must be U.S. citizens, California residents and be unmarried. Applicants are strongly encouraged to request applications from their local Member of Congress.

Applicants must also apply directly to the academies of their choice. There are four U.S. Service Academies: U.S. Military Academy at West Point, N.Y., U.S. Naval Academy at Annapolis,

Md., U.S. Air Force Academy at Colorado Springs, Colo. and the U.S. Merchant Marine Academy at Kingspoint, N.Y.

The Naval Officers' Wives Club welcomes all women new to the area or those seeking fellowship. Membership is open to the wives of active-duty, reserve, retired and deceased Naval and Marine Corps Officers, commis-

Please see Briefing, page 9

## Military homes need your help

The "Old Soldiers' Home" isn't just for soldiers. And at least one resident, 34-year-old Sam Jackson, doesn't meet any definition of old.

But the "home" part is right — for 1,800 men and women. Unfortunately, the U.S. Soldiers' and Airmen's Home in Washington and the Naval Home in Gulfport, Miss., will go broke by 1999 without alternative funding.

Since 1934, when Congress took over the Naval Home Trust Fund during the Depression, Congress authorized the Navy to fund the home. Then, on Nov. 5, 1991, Congress ended the Naval Home's funding. The fiscal 1991 Defense Authorization Act combined the Naval Home with the U.S. Soldiers' and Airmen's Home, calling the new entity the Armed Forces Retirement Home.

The act required both homes to accept qualifying retirees from all services and standardized funding for the two homes. Active-duty sailors and Marines began paying 50 cents a month to help fund the

homes, as soldiers and airmen had. Please see Homes, page 4

## Navy, school get grants for 'cluster'

The Healthy Start Military Family Cluster has received two new grants to provide additional services to the Murphy Canyon and Cabrillo Housing Communities.

The Health Start Military Family Cluster is a collaborative effort which involves Angier, Farb, Hancock, Miller Taft and Serra Schools, the United States Navy, county departments, community-based organizations and the residents of Murphy Canyon and Cabrillo, and is funded by the California Department of Education.

The collaborative partnership will be conducting two CODE sessions, one at Angier School in Cabrillo and another at Miller Elementary School, in the fall. CODE is a substance abuse prevention from COACH, INC., Please see Cluster, page 4

## Homes

*Continued from page 3*  
been doing for years.

The act also required Naval Home residents to pay a 25 percent user fee — rent — as do residents of the Soldiers' and Airmen's Home. Both homes also receive income from fines and forfeitures against active duty members as a result of courts-martial and administrative discipline.

The homes also earn interest on separate trust funds that will merge in 1995. But interest on the funds, which accounts for a large portion of funding, is declining sharply. Furthermore, with the downsizing of active duty forces, there is less withholding from active duty pay. Fines and forfei-

tures dropped substantially as the quality of the forces improved with downsizing, said officials. Combined with all this, health care costs have skyrocketed.

The Armed Forces Retirement Home Board proposed raising the active duty assessment from 50 cents a month to \$2. If Congress approves the proposal, the \$1.50 increase will not take place before January 1995.

The only proposal sure to be adopted is increasing user fees. The homes will probably raise user fees to 40 percent of all income from independent members in dorms and 65 percent for those in long-term care. However, officials estimate this alone will not

be enough.

Both homes welcome active duty visitors. Nearly every active duty person who has visited either home goes away feeling good about where his or her money is going, said officials.

Marine Corps 1stSgt Kenneth Williams, said he resented paying 50 cents of his paycheck at first. But when he called Jim Laudermilk, the Naval Home's public affairs officer, to complain, Williams took the offer to visit the home.

"I was really impressed with the residents. I met guys that landed in Iwo Jima. I met a guy that was in Pearl Harbor when it was bombed. I met a Vietnam veteran

who suffered from Agent Orange (Syndrome). Now I feel it's the best 50 cents I spend, and if they have to raise it to \$2, it will be the best \$2 I ever spent."

For more information or to

schedule a visit, call Laudermilk, Naval Home, 1-601-897-4005, or Kerri Childress, U.S. Soldiers' and Airmen's Home, 1-202-722-3556.

American Forces Information Service

## 66th Scientific Session presentations given

In November 1993, thousands gathered in Atlanta to attend the American Heart Association's 66th Scientific Sessions. Below are news capsules of some of the

3,559 presentations.

- Should clot-dissolving drugs be administered to heart-attack patients in the emergency room or can they be given to the patient at home? Physicians at the University of Aberdeen in Aberdeen, Scotland, gave a thrombolytic drug to 163 patients at home followed by a medically inactive substance (placebo) in the ER; 148 patients got a placebo at home and a clot-dissolver in the ER. They found that those who received home treatment had a 52 percent reduced risk of dying within one year.

- Scientists at the Heart Institute for Children in Palos Heights, Ill., say fat tissue around the heart's conduction system may be responsible for sudden cardiac death among obese children. The conduction system is a specialized pathway that regulates the rate at which the heart beats. In five obese children who succumbed to sudden death, the physicians found conduction system abnormalities from fat overgrowth. They say this reinforces the importance of preventing obesity in children by encouraging exercise and healthful eating habits.

- Diagnosing myocarditis, a potentially dangerous inflammation of the heart muscle, usually requires the removal and examination of a small piece of heart tissue. But researchers at the University of Pennsylvania in Philadelphia say they have developed a non-invasive antibody blood test to detect this ailment.

- "Virtual reality" may soon be a reality in cardiac imaging. Scientists at Tufts-New England Medical Center in Boston have produced three-dimensional holograms of sheep hearts. The images are so real, the researchers say, you can literally place your finger inside one of the heart's chambers.

- Researchers from Lyon, France, have provided additional evidence that lowering fat intake and increasing consumption of cereals, vegetables and fruits can reduce the risk of future cardiovascular events. Heart attack survivors who followed a Mediterranean-type diet lowered the risk of major cardiovascular events (death, non-fatal heart attack, unstable angina, heart failure and stroke) by 79 percent compared to heart attack survivors who followed a diet somewhat higher in fats and lower in antioxidant vitamins.

### Erratum

The Spring 1993 issue of *HeartStyle* in its News Capsules reported on a University of Alabama, Birmingham study in which it was stated that men who hold their anger were twice as likely to develop high blood pressure than their more subdued counterparts. In fact, the study looked at men who were more anxious rather than men who internalize rage.

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## Supreme Court to decide on honoraria ban

By Evelyn D. Harris

The U.S. Supreme Court will decide whether the honoraria ban violates federal employees' right to free speech.

A court spokesperson said the justices will probably hear arguments in the late fall. A decision is unlikely before spring 1995.

The ban is part of the 1989 Ethics in Government Act. It bans federal employees and military officers from writing or speaking for pay outside their government jobs. Enlisted members and non-commissioned officers are not subject to the ban.

The ban went into effect Jan. 1, 1991. It applies only to speaking and nonfiction writing for newspapers and magazines. It applies even if employees write or speak on subjects totally unrelated to official duties. The ban does not apply to books, photography, artwork and other means of expression.

The ban was originally intended to prevent members of Congress, their staffs and political appointees from receiving money for speeches or newspaper articles. However, in the last stages of debate, Congress extended the law to most federal civilian employees.

Lower courts have repeatedly found the honoraria ban to be unconstitutional. Therefore, the Department of Justice asked the Supreme Court to rule on the case to get a final decision. On April 18, the court agreed to hear the case.

Until the Supreme Court renders a decision, Office of Government Ethics guidance issued Feb. 2, 1994, still applies, said Mike Korwin of the ethics office. Thus, the honoraria ban will not be enforced unless and until the Supreme Court rules it is constitutional. That guidance means employees who have been keeping payments in escrow can take them out. That also means employees can accept payment for writing or speaking that had been subject to the ban.

However, employees must still obey restrictions in place prior to the ban. These include accepting money for services related to the employee's government job.

American Forces Information Service

## Death among athletes raises questions

The sudden death of a competitive athlete is a tragic, highly visible event and "some controversy remains regarding the causes of sudden death in this population," Barry Maron, M.D., said at the American Heart Association's 66th Scientific Sessions in Atlanta.

Maron, cardiovascular research director at the Minneapolis Heart Institute Foundation, and his colleagues analyzed clinical and autopsy data on approximately 100 athletes between 13 and 40 years old who had died suddenly. They identified a spectrum of heart and blood vessel diseases that contributed to these young people's deaths.

About 90 percent of the athletes were males and almost half were African-American. Nearly 90 percent of them died

during or soon after competitive games or practice, usually football or basketball.

The most common abnormality, likely responsible for the deaths of almost half of the group, was hypertrophic cardiomyopathy. This disease is marked by an unexplained increase in the thickness of the wall of the left ventricle, the heart's main pumping chamber.

Congenital abnormalities of the coronary arteries were the second most common cause of sudden death in athletes, occurring in about 15 percent. These problems, present since birth, can diminish the supply of blood to the heart muscle. This could predispose such individuals to sudden death, especially during intensive athletic competition.

Another cause uncovered by the study was myocarditis. "This is a disease process that usually begins with a viral infection and then inflammatory changes in the heart muscle," Maron says.

It was the likely cause of the deaths of basketball stars Reggie Lewis (of the Boston Celtics) and Hank Gathers (of Loyola Marymount University).

Most athletes with any of these three conditions might be disqualified from competitive sports. However, it's possible in some cases to consider returning them to competition later, Maron adds. Only about 20 percent of these athletes were screened before engaging in competition, and the tests usually failed to identify heart disease. But such screenings

usually don't include echocardiograms (ultrasound examinations of the heart) and electrocardiograms (a visual record of the heart's electrical activity), Maron explains, "and the diseases may not have been detectable anyway, due to their nature."

Other heart-related causes that contributed to the athletes' deaths included Marfan syndrome, dilated cardiomyopathy, mitral valve prolapse, right ventricular dysplasia and coronary artery disease.

Most of these athletes had no symptoms prior to their death. "To a certain extent, that's a result of pre-selection," Maron says, "because many instances of fainting or some other symptom would have resulted in an evaluation and a withdrawal from competition."

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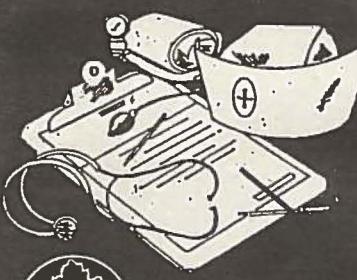
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## Risk of stroke doubles for smokers

If you smoke cigarettes, your risk of having a stroke is about twice that of a non-smoker.

Data from a decade-long study involving more than 22,000 male physicians as subjects indicate that current cigarette smoking may account for a substantial amount of stroke-associated illness and death.

"Even though only a small proportion of these physicians smoke, that small group has a significantly increased risk of stroke," says Charles H. Hennekens, M.D., professor of medicine at Harvard Medical School and chief of preventive medicine at Brigham and Women's Hospital, Boston.

Stroke risk increased proportionally with the number of cigarettes smoked daily.

Participants who smoked fewer



than 20 cigarettes per day had about a 1.8 "relative risk" of stroke (1.8 times the risk of those who did not smoke). Men who smoked at least 20 cigarettes a day had a 2.4 relative risk of stroke.

Hennekens says that even after controlling for other stroke risk factors, cigarette smoking still almost doubled the risk of stroke. "This shows that as a risk factor for stroke, cigarette smoking is extremely significant."

Former smokers had a relative risk of 1.15. This is encouraging, notes Hennekens, and provides smokers with another reason to quit the deadly, addicting habit. "And this benefit of quitting begins relatively soon after you quit, although your risk of lung cancer won't come down for a while."

In 1982, when the Physician's Health Study began following the 22,071 doctors, 11 percent of the group smoked. But smoking rates among the participants have declined; now less than five percent of them are smokers. "Part of that decline is due to quitting and part of it is because some of the cigarette smokers died," Hennekens says.

Stroke is the third leading cause of death in the United States and is the leading cause of serious disability. Stroke killed 144,070 people in 1991. Approximately 500,000 people suffer a new or recurrent stroke each year.

## Navy's health program aims to keep sailors fit

By HM2 Chris A. Quilpa

"Good health enhances physical and emotional well-being in the fleet," said Capt. Jim Dvorak, director for personal excellence and partnership at the Bureau of Naval Personnel.

With the establishment of a comprehensive Navy health promotion program sailors are encouraged to stay fit, to live a healthy lifestyle and to maintain the highest personal state of readiness and fitness.

May is National Physical Fitness and Sports Month and Navy personnel must once again demonstrate that they are physically fit and ready to perform their jobs in war or peace.

There are lots of things to do to get back or stay in shape. Set



aside a period thirty minutes a day to jog, walk or perform other aerobic exercises. Go to the gym.

"Maintaining our physical fitness makes us better people, more productive health care provides and enhances our quality of life," Dvorak said.

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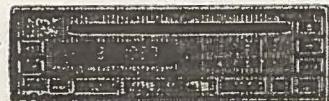
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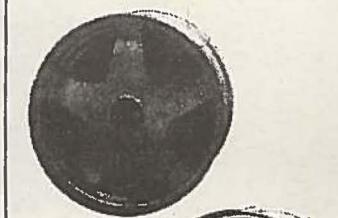
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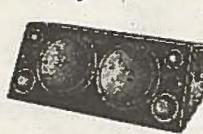
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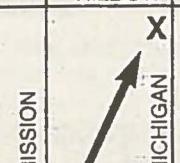
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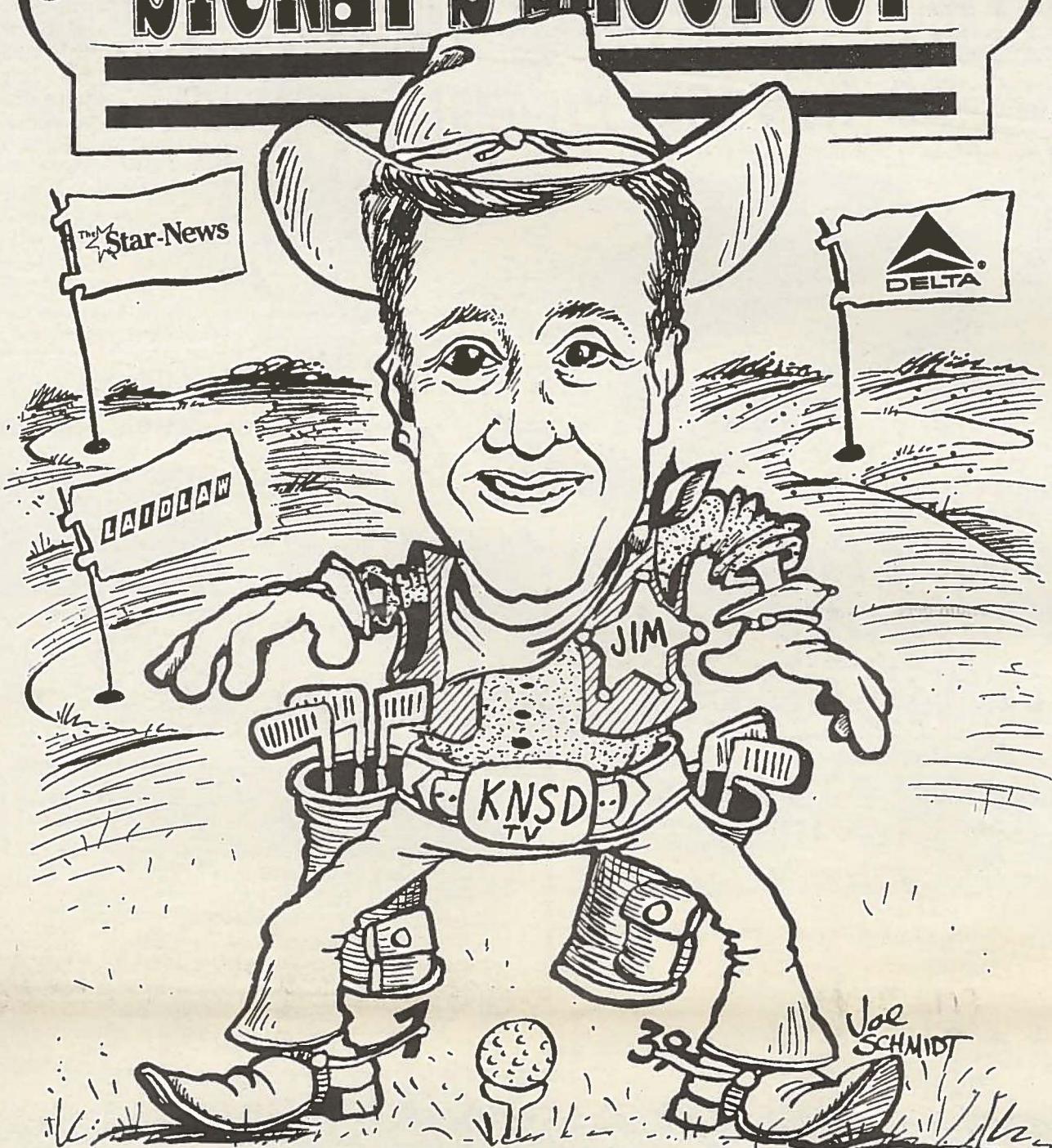
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Mail to: South Bay Family YMCA, 50 Fourth Avenue, Chula Vista, CA 91910

Entry Deadline: May 20, 1994  
For more information please contact: South Bay Family YMCA (619) 422-8354

**Card benefits  
customers and  
retailers, too**

By JO2 S.J. Pape

The new Navy Exchange Card system, which replaced the old home lay-away purchase plan, has proven beneficial to both the customer and the Navy's retail stores, NEX officials said.

The system, implemented in November 1993, has drawn nothing but praise, according to Master Chief Bradford Miller, Command Master Chief at the Navy Command in Virginia Beach, Va.

"While we've had our share of start up difficulties, we are taking care of them," Miller said. "As we enter the fifth month of this program, the NEXCARD continues to be extremely popular with our customers and our sales remain strong."

At the beginning of March 1994, a total of 179,000 NEXCARD accounts had been opened. This translates into millions of dollars spent using the new system. The current NEXCARD balance is \$120 million.

The timing of the NEXCARD start-up, just prior to the Christmas holidays, couldn't have been better for the retail giant. The NEXCARD played an integral part in December sales, accounting for 22 percent.

With large sales totals comes more Morale, Welfare and Recreation (MWR) funds. MWR earnings through the new system for December 1993 alone, were approximately \$3.5 million.

The old lay-away program was designed to allow service members the opportunity to purchase merchandise at the Navy Exchange which they might not normally be able to afford.

The old layaway program was designed to allow service members the opportunity to purchase merchandise at the Navy Exchange which they might not normally be able to afford.

"The old program was manual, which enabled servicemen to open up more than one account and build up a potential debt burden. With the new system, all purchases are managed under a central account," said Kristen Sturkie, a public affairs specialist with the Navy Exchange Command in Virginia.

The NEXCARD isn't a credit card, but a major purchase plan card. With a minimum purchase of \$50 in the continental United States and overseas, customers may spread out their payments over 12 months with only a one percent interest charge assessed each month they carry the bill over.

Though the card replaces the old lay-away system and is not considered a credit card, there are those who seem to be using it in the same manner as a credit card. With only a 12 percent annual interest rate, this is a considerable savings when compared to major credit cards; interest rates, which normally run from 14.5 percent to 19.5 percent.

So far, the stores have seen little abuse of the system and seem to feel that as long as customers are paying their bills each month, there is no problem.

JO2 Pape is a staff journalist with the Pacific Fleet Public Affairs Office.

## 11

## Relief

Continued from page 1

He reminds those on Naval bases that they must first dial 9 then 911 to access the Emergency Medical System.

Planned for the 911 awareness, EMS appreciation week are numerous events and exhibits designed to introduce and make both patients and staff more aware of the medical center's emergency medical services.

In addition to medical center exhibits, local agencies will exhibit during the week including San Diego Poison Control, San Diego Household Hazardous Materials, San Diego Police Department's McGruff the Crime Dog, Federal Fire Department, U.S. Coast Guard Search and Rescue Team, the Red Cross and local ambulance services.

In addition, various packets of literature will be available to visitors.

Events are scheduled throughout the week.

Morris said a cake cutting ceremony will officially start the recognition Monday, May 16 at 11:30 a.m. in the courtyard.

## Olympics

Continued from page 1

conceived by 1985 Naval Hospital San Diego Command Master Chief Don Guliher who devised the games to foster comrade between various ashore, afloat, Fleet Marine Force and Seabee medical and dental personnel. Interested corpsmen and dental technicians should call HMC P.J. Palen at 545-0467 for more information.

**Briefing**

Continued from page 3

sioned women of the Navy, wives of foreign naval officers and wives of officers of other armed services. To join or gather additional information contact the membership chairperson at 451-7826. Next coffee is May 10.

**Commander Destroyer Squadron One** is coordinating the transfer of the Bristol County (LST 1198) to the Moroccan Navy and is still seeking volunteers for interpretation services.

French speaking volunteers, primarily at the Chief Petty Officer or First Class level are needed to assist Bristol County personnel in training the Moroccans. Volunteers are desired throughout the

formal budget counseling program and by 1990 became partners with the Navy in a personnel financial management program. In 1992, society budget counselors gave 2,500 presentations on responsible money management to more than 97,000 service members and their dependents.

• In the wake of Hurricane Hugo, the Mt. Pinatubo volcano eruptions, the La Prieta Earth-

quake and, more recently, Hurricane Andrew, Typhoon Omar and Hurricane Iniki, the society dispensed more than \$2 million in disaster aid to service members and their families to offset the burden of natural disaster recovery.

• In 1990 and 1991, the society was there with more than \$10 million in aid to the families of many of the 117,000 active duty and 20,000 Reserve sailors and Marines who participated in Operations Desert Shield and Desert Storm.

You can help. Give generously or considering volunteering your time. For more information call Lt. Cmdr. Pamela Murphy at 532-8943.

Volunteers are needed for a Navy body fat study to be conducted by the Naval Health Research Center to determine the effect of bone density differences in black and white personnel on Navy body fat assessment.

Only active duty Navy men and women, of black or white race, are requested. Testing will be conducted from March through September. For further information or to schedule an appointment, call HM1 Elvis Lansangan or HM3 Tito Soto at 524-4522.

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Large 5/3 w/lovely kit & breakfast rm., alarm, gazebo & no mello roo.  
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A spectacular view from this 4-3 home w/pool & deck.  
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4/2 upgraded hm w/wet bar, fpk, pool & lovely landscaping.  
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1/1 on ground floor, central A/C.  
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Panoramic vew from this 5/3 w/pool, spa, gazebo & blt.-in BBQ.  
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**TRADITIONAL ELEGANCE .....**  
Lovely 4/2.5 w/spacious rooms & formal living room.  
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Stunning 5br hm in Bonita Long Canyon w/pool & spa.  
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**TALK ABOUT CLASS!**  
Gorgeous 5/4.5 w/lovely views, tiled entry & huge family rm.  
COR158B \$695,000 425-0233

**EXPRESS YOURSELF!**  
In this lovely 6/5 home w/fantastic city & bay views.  
COR364B \$799,900 425-0233

**DRASTICALLY REDUCED:**  
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MOS285-5T \$59,900 422-4500

**LOOKS LIKE A MODEL!**  
2/2 end unit w/gf, mstr. suite & private balcony off living rm.  
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**BEAUTIFULLY UPGRADED**  
2/2 hm w/upgraded bathroom, upgraded kitchen & more.  
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3BR in a great location, private & quiet, close to canyon.  
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Coze 2/2 bath w/lot of guest parking & stacked garage.  
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**CLEAN AS A WHISTLE!**  
3/1 w/hew paint & carpet, kit. in kit., & covered patio.  
OAK176T \$130,000 422-4500

**CUTE & COZY!**  
Fantastic 3/1 w/hew wood floors, lg. backyard & covered patio.  
MIN268T \$159,900 422-4500

**DON'T MISS THIS ONE**  
3/2 w/ent. mirrors, fpk, central air system & more.  
POR591T \$134,900 422-4500

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cute 2BR for a real great price! Complex has many features.  
NOR134-BT \$135,000 422-4500

**TREAT YOURSELF!**  
2/2.5 BA w/living rm., nice patio & great complex.  
NOR117-CT \$144,000 422-4500

**GIGANTIC LOT!**  
Stunning 4/2.5 w/2 mstr. suites, new carpet/paint & big patio.  
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**ABSOLUTELY ATTRACTIVE!**  
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GRE360B \$189,900 425-0233

**TERRA NOVA BEAUTY!**  
3/2 on cul-de-sac, lovely family rm., breakfast nook & lg. bckyrd.  
RON365T \$207,900 422-4500

**LOTS OF SPACE.....**  
4/2.5 floor plan in quiet little cul-de-sac location.  
POI1543-CT \$210,000 422-4500

**BEAUTIFUL HOME .....**  
4/2.5 in desirable area and flowing floor plan for entertaining!  
PAS954T \$229,000 422-4500

**UNIQUE EASTLAKE HILLS .....**  
4/2.5 on approx. 1/2 acre. Beautiful bckyrd & new flooding.  
RUE664T \$235,000 422-4500

**BEAUTIFUL CANYON VIEWS.....**  
4/2.5 hm w/custom tile, upgraded carpets & vaulted ceilings.  
RED099T \$239,900 422-4500

**GORGEOUS NEW HOME.....**  
4/2.5 on cul-de-sac location, beautiful tiled entry & gourmet kit.  
MOU208-CT \$264,900 422-4500

**VIEWS, VIEWS, VIEWS**  
View of the wood from the 4/2.5 w/many upgraded thru-out.  
POR634T \$265,000 422-4500

**LOVELY STONEGATE HOME!**  
Lovely 4/4 hm w/huge bonus room downstairs & canyons view.  
CAN476B \$279,900 425-0233

**EASTLAKE**

**ABSOLUTELY GORGEOUS!**  
Phush 3/2 w/upgraded carpet & extra lg. washer/dryer.  
LAK039T \$116,500 422-4500

**RIGHT ON THE LAKE!**  
Private ground level 3/2 open to green bck & lake.  
BRO73-1048 \$119,000 425-0233

**EASTLAKE DELIGHT .....**  
Lovely 2-story home w/3/2 with all Eastlake amenities.  
BRI018-DB \$175,900 425-0233

**JAMAL**

**LARGE CUSTOM HOME!**  
4/2.5 on one full acre, lg. rooms & gorgeous berber carpet.  
PRO663T \$174,900 422-4500

**MIRAMESA**

**PRICED TO SELL!**  
3/2.5 w/upgraded cpts., lg. dining rm., & great location.  
PAR263T \$193,000 422-4500

**MISSION VALLEY**

**PRISTINE BEAUTY .....**  
2/1.5 w/hew carpet & paint, new verticals too!  
RAN966-22T \$186,999 422-4500

**PARADISE VALLEY**

**ADORABLE & AFFORDABLE!**  
Lovely 2/1 w/hew carpet, great unit location & more.  
APP026B \$189,000 425-0233

**PRIDE OF OWNERSHIP!**  
Fabulous 3/1 w/hew paint, new carpet & tiled floors.  
CAL441B \$145,000 425-0233

**WHY PAY RENT?**  
When you can own this 3/2 hm in great area w/new appliances.  
BOU368B \$151,900 425-0233

**MAGNIFICENT VIEWS!**  
From this 3/2 w/loft, vaulted ceilings & manicured yd.  
MAN58JT \$159,500 422-4500

**SAN DIEGO**

**WELL MAINTAINED!**  
Lovely hm w/ new paint inside & out, upgraded carpet.  
COO234B \$122,900 425-0233

**NEED FAST SELL!**  
Mint 3/1 w/ beautiful family room & large bedrooms.  
CAR582B \$125,000 425-0233

**FIRST TIME BUYERS DREAM!**  
Great 3/2 family hm in great family neighborhood & more.  
CER330B \$134,500 425-0233

**CHARMING & INVITING!**  
Lovely 3 bdm w/fresh paint, new plush carpet & extra lg. patio.  
CAL420B \$134,500 425-0233

**SPANISH STYLE HOME**

3/2 hm w/ rental units in bl. living rm w/stone fireplace.  
C-575B \$139,500 425-0233

**LOVELY FIELDSTONE HOME**

4/2.5 w/tiled entry, kit., family rm & marble fpk.  
PLA670-CT \$144,000 422-4500

**HONEY, STOP THE CAR!**  
4/2.5 w/marble flooring, vaulted ceilings & newer carpet.  
REV834T \$184,500 422-4500

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3/2 in great location. Lg. family rm, laundry area & nice kitchen.  
COR626-91B \$19,900 425-0233

**A STEP BEYOND...**  
Spacious home w/gf, family rm, built-in BBQ & patio.  
GRL365B \$129,995 425-0233

**SPRING VALLEY**

**WHAT A GORGEOUS VIEW!**  
Lovely 3/2 hm w/hew paint, spacious rms, & panoramic view.  
CAF521B \$146,500 425-0233

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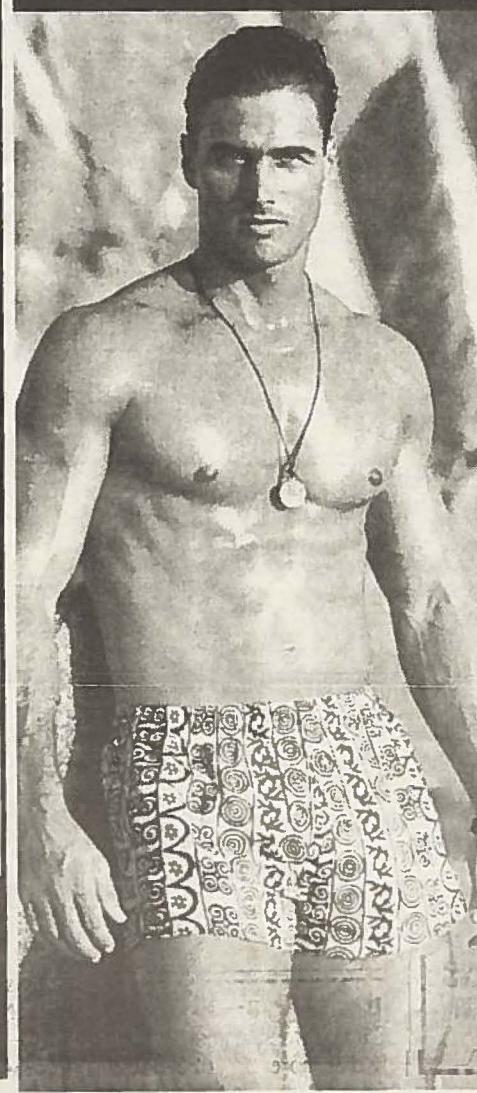
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## CLASSIFIEDS

## 120 Real Estate for Sale

Bonita panoramic view, 4BR/3BA, 1799 sq.ft., 8 yrs old, paint in/out, side, VA assumable at 6 1/4% adj. \$185,000; Galen 981-9348.

Chula Vista Townhome, 3BR/1 1/2 BA, solar hot water, fenced patio, greenbelt, carport, quiet area near bases, VA assumable, \$105K; Theresa 693-9276 (D), 425-0957 (N). G.

Immaculate 2BR, central air, bars, family rm, fireplace, appliances included, view, zoned R-2, RV parking, all hookups, laundry, \$119,900; 282-2585. D.

Mobilehome for sale, 1989, baseframe 14x60, 2BR/2BA, fireplace, porch, fenced yard, appliances, many extras, asking \$27,000; #29 NAS Miramar, 549-2339. H.

## 125 Condominiums

Assume loan on 2BR/2BA in Mira Mesa, no money down, mins. from I-5; 693-0380. D.

Beautiful 2BR/2BA tri-level, lg deck, fireplace, private lawn, 2-car garage, vaulted ceiling, balconies, pool, jacuzzi, tennis courts, Clairemont, \$148K; 483-4468. D.

Upgrades galore, 2BR/2BA, den, Scripps Ranch condo, ocean view on a clear day, beautiful sunsets, no extra charge; 566-5521 for appointment. D.

## 200 Condos for Rent

Mission Valley West, \$500, lg studio, great amenities, pool, jacuzzi, rec room, etc., security bldg/parking, walk to Fashion Valley, avail. May 1; 222-2868.

Penasquitos, 2 master BR/2BA upstairs condo with fabulous views, full kitchen, fireplace, pool, jacuzzi, available Memorial weekend, \$950/mo.; 538-0995. D.

## 220 Houses Unfurnished

1BR, hardwood floors, \$450, \$100 deposit, 437 Denby St., San Diego, CA 92102, Nr 805 & Market; 263-9527 after 5:30 p.m. D.

4BR/2BA, 2-car garage, covered patio, gazebo, AC, immaculate Mira Mesa home, quiet neighborhood, avail. July 31, \$1200/mo.; Teddy 530-2082. D.

4BR/2BA, 2-car garage, patio, L/R, F/R, F/place, South SDiego, \$950, avail. now, security \$600; 421-5376, 545-9981.

## 225 Rentals to Share\*

Share 3BR condo, \$300/mo. utils. included, close to NAB, NI, with kitchen privileges; 428-8151. D.

## 303 Furniture Appliance\*

Kenmore microwave 1.2 cubic ft. of cooking area, 900 watts, all trays/racks and instructions included, \$100; 453-1645 after 5 p.m. H.

Loveseat/hide-a-bed, 2 matching chairs and 2 ottoman plus 2 end tables, 1 coffee table, floral/black oriental motif, \$275; 479-6868.

Queen waterbed, soft-side, Soma, solid oak, 6 drawers w/pedestal, shelves, mirrors, and phone hup, all oak, \$599 OBO; 435-5143.

Refrig. barracks dorm size, one year new, hardly used, \$100, moving; 423-4132. D.

## 325 Misc. for Sale\*

Glass top dinette table \$100, 6 dinette chairs \$25 each, \$200 for set. Encyclopedia, Childcraft, dictionary, Do-It-Yourself Encyclopedia for \$75; 479-8136. D.

IBM compatible printer \$50, 24 pin printer \$80, 14" monitor, EGA color \$80; 230-9135.

IBM PC w/monochrome monitor, accessories, have all instructions, bought for \$1000 sell for \$350 OBO, moving; 423-4132. D.

Ice maker, automatic, w/tray, fits Whirlpool refrig., most are pre-wired to accept, just plug in, always have ice cubes, \$15; 222-2868.

Lg marble collection, 20+ year collection, great for display or to continue collection, all for \$175, 89 pounds worth; 479-6868.

Monitor computer VGA Packard Bell, never used, still in box, \$150 OBO, moving; 423-4132. D.

Oak unit shell, free standing, 4 adj shelves, oiled finished, \$150; color TV 19", xini picture, \$50; 435-0249.

Stove hood w/fan and light, white; RV/ham table, removable leg and top; queen sofa bed; table and lamp; traverse rods/drapes; 560-0392. H.

Two, count em, two 35mm cameras: Minolta Maxum 3000i, auto everything, \$150; Cannon AE-1 with 80-210 zoom macro, lots of xtras, \$250 OBO; 860-5299.

Typewriter Word Processor, Smith Corona, hardly used, 8 months old, bought \$225, sell \$150 OBO, moving; 423-4132. D.

## 350 Bicycles

Shogun mountain bike as new, red, 21 spd, index shifting, biopace, mint cond., \$375; Kevin 541-0260.

Shogun mountain bike as new, red, 21-spd, index shifting, biopace, mint cond., \$375; Kevin 437-8541.

## 560 Situations Wanted\*

Going to Europe. Need contacts in France, Germany, U.K., Belgium, Holland, Italy, etc. Please call 741-9498 or lv msg. H.

## 608 Lost-Found

Lost-pair of gold-framed aviator glasses w/brown earpiece, if found, call NTC security; 524-8564, 524-5806. H.

## 740 Autos for Sale

'85 Mercury Cougar, xint cond., all pwr; silver/gray; wire wheels, 125,000 miles, sacrifice \$2100; 475-0876.

'89 Nissan 240SX cpe, canary yellow, 73,000 mi, CD player, leather, great cond., asking \$9750; contact Jack, BEQ 782 rm 203D.

## 740 Autos for Sale

76 Datsun 280Z, engine rebuilt 3/93, new tires and struts, \$1500 OBO; Vlklk 435-1584 lv msg.

90 Ford Escort, red, low mileage, AM-FM stereo, AC, great cond., transferring must sell, \$4800; 569-8565.

## 750 Autos Wanted\*

Wanted: 1990-1994 Toyota or Nissan pickup. Will pay cash or can take-over payments, private parties only; 470-6746. D.

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## CLASSIFIED

For Paid Advertising in the North Islander, Gator, Dry Dock & Hoist, please call 435-3141.

## 120 Real Estate for Sale

Bonita twnhm, 2Br/1 1/2 Ba, loft, fplc, vacuum syst, gar/crpt, end unit. Beaut garden patio, VA. NO NO welcome. \$148,900. Call Frank Evans 421-0916

Call for a FREE List of Bank Owned and Distress Sale Properties. Dana Horne Realty 566-3262

Great family home, 4Br, large yard, fresh paint & more! \$179,400. Stan Rich, Agt. 687-6333

Open House Sun 1-4 Single Family home in new Rancho San Diego, 2Br/2Ba, 2-car gar, fplc, new carpet & tile throughout. 11957 Avenida Marcella, \$159,900, 660-0796

## 120 Real Estate for Sale

Scrippes Ranch Twnhm. Lg 2Br/2 1/2 Ba, 19 mo old, 2 car gar, pool/spa, close to NAS Mira Mar 693-8505

VA NO NO! 3Br/1 1/2 Ba home. Great View! Must See! \$89,500 Stan Rich, Agt. 687-6333

## 125 Condominiums

\$52,945, Mira Mesa Condo. Upstairs unit, low payments. Call Tamara, Dana Horne Realty 566-3262

## 140 Business Commercial

AVON Representative in North Island area. Call 670-3619 for brochure

## 155 Property Management

LEAVING SAN DIEGO? We will lease your home/condo from you. GUARANTEED RENT. 292-0906 Agt.

## 200 Condos for Rent

IB-Luxury 2Br, \$650-\$675 Cath ceilings, balcony, d/w, w/d & more 423-8402

## 205 Apts. Furnished

Dntwn-2 wks free On bus route, Charming studios \$360 & up, 1Br \$395, full kitchen/bath, Indry, elec included 233-7428

Furn studio & 1Br, apts. \$125 w/eek, \$227.50 pay-day/payday, or \$435/mo. w/without lease \$25 dep! Includes: util, 19 in. cable TV, full kitchen, bath, linens. Near Naval Hosp. The Park Regency, 233-0287

Studio cottage for one, no smoking, utilities pd, wash/dry 435-6135

## 210 Apts. Unfurnished

\$650, 1Br with bonus rm/office, Qt comp. Free credit ck 728 G Ave #2 291-3951

COR-1Br apt, Avail 6/1, small pct ok, \$695/mo w/\$250 sec dep. 364-3281

Coronado-2Br/1Ba, \$750, carpets, drapes, w/d, stove, ref. Avail. 6/1 No Pets. 437-1612 or 435-1417

Coronado 2Br/1 1/2 Ba, carpets, drapes, stove, refrig. No pets. Avail 6/1, \$800, 437-1612 or 435-1417

## 210 Apts. Unfurnished

CV-\$615 & up, quiet, newer 1 & 2Br. Pool, spa, patio, tennis, cov prkg. 3136 Bonita Rd, 420-6621

CV- 1 Br & 2 Br. \$516-\$615. Exceptional. Well kept, free cable, pool. Must see! 691-1490

CV-From \$595, 2Br/2Ba \$300 OFF 1ST MONTH Quiet secluded location, private patio, balcony, laundry facilities, off St parking, close to freeway & trolley, new carpets, floor tile 671 Sea Vale St. 691-8387

Del Cerro \$675. Move-in bonus. Lg 2Br. Pool, patio. Pet on approval 5757 College, 286-1777

EI Cajon-\$485 & up. Quiet clean 1 & 2 Br. pool, patio, covered parking, near freeway. 1475 Graves, 588-0224

Hill Crest \$550-\$695. Quiet clean 1 & 2Br. Controlled entry, near hospitals, pet on approval. 542-0670

HICrst-2 Weeks Free Charming studios, \$350-\$405, classic, designed by Gill, util inc/Indry 236-0452

## 210 Apts. Unfurnished

IB-\$415-\$515, 1&2Br, 2nd mth rent free! 1 blk bch, frig, drps, stv, 429-3823

IB-\$435-\$560 lg 1 & 2BR, new crpt, pool, 1/2 blk to bch Move-in Special 423-8402

IB-\$450 1BR, sm fncl patio, near all, military welcome. Move-in special. 429-0226/422-5732

IB-\$650. Near beach. 2Br/2Ba, appliances, carpet & drapes, garage, coin-op laundry. Tex Warren Realty, 429-7333

IB-Luxurious near new, lg 1 & 2 Bdrm aps. Steps from beach, bus, shops. No pets, \$450-\$650. 421-3813

Imperial Beach\*\$550 duplex, 1Br+den, quiet neighborhood near bch, yd, patio, w/d h-up, 1-car gar. Avail 5/16 575-9541

Miss Hills \$625. Panoramic harbor/city view from sunny 1Br immaculate 435-2362

NP/KENSINGTON, 1, & 2Br, \$450 up. Move In discount. 275-1366 297-1772

## 210 Apts. Unfurnished

N.C.-\$550 & up. \$300 Move-In Bonus. Hurry going fast. Lg 2Br/1Ba duplex-type unit, pvt fncl yd, Park-like setting. Pool, play yard. Near Plaza & 805; schools & shops. Military & section 8 welcome. No pets. 477-6818/422-5732

NC, 1 & 2Br, \$475 & \$595. Move in discount. 275-1366

No Pk Ncar hosp, lg 1Br, pool, nice neighbors, quiet clean \$475, 542-0656

Point Loma-\$615 & up Lg quiet 1Br. Pool, spa, patio, rec rm, exercise rm, cntr entry, undergrnd pkng. 3950 Leland. 223-1390

## 220 Houses Unfurnished

Cor\*4Br/3Ba, 1 block beach, priv bdmr ent, gardener, pet ok \$2400. Avail July. 435-1869/437-8278

COR\* Cape Cod 3Br. Lg fncl yd w/gardener. Perfect for kids \$1300. 435-4187

Coronado-3Br/1 1/2 Ba, refrig, stv, dryer, Avail 6/1. \$980/mo. 437-8132 aft 5/9

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## 220 Houses Unfurnished

IB-\$550, 1Br, util paid. New kitchen & appl. New paint & drapes. Lg walk-in closet. Off street pkng. Tex Warren Realty, 429-7333

IB Duplex 1Br/1Ba, gar, fncd, yd, pet ok, \$495. Agt 462-1733

## 225 Rentals to Share\*

Military Officer wanted to share 2Br/2Ba luxury condo North Park. Hot tub, BBQ, garage, \$500/mo. Call 299-6614

PB-LJ, Luxury-2Br/ 2Ba split, furn, fab bay vu, Great for roommates, \$475/person. All amen 435-5289 super

Prof/Navy Officer share nice apt. Pvt Br & Ba. \$300/mo + 1/2 util 435-6490, 965-6991

## 303 Furniture Appliance\*

Daybed, white & brass complete w/trundle & mattresses, never used, boxed, cost \$850. Must sell, \$250-cash. 747-7290

King bed complete w/brass headboard, firm orthopedic mattress. Set unused, still in plastic, worth \$1000, sell \$350 cash. 747-7290

Kingsize Brass Bed. Complete w/firm ortho matt, never used, boxed, cost \$1000. Must sell \$350-cash. Delivery avail. 747-7290

Queen Brass Bed, complete w/firm ortho matt, set never used, still boxed, cost \$850. Must sell \$250-cash. Delivery avail. 747-7290

Trundle set white/brass, comp w/2 firm matt, pop-up unit, unused. Cost \$800, sell \$250 cash 747-7290

## 325 Misc. for Sale\*

Officer Uniforms all kinds dress & work, med shirt, 32/32 pants 277-7599

## 355 Misc. Wanted\*

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## 550 Help Wanted

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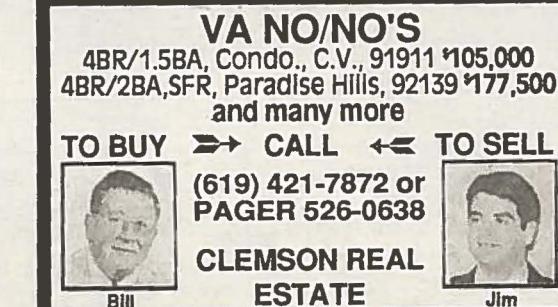
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SAN DIEGO 687-3200 2121 5th Avenue	SOLANA BEACH 755-1528 231 LOMA SANTA FE SUITE 360	OCEANSIDE 439-0055 400 MISSION AVE	LA MESA 697-7087 8080 LA MESA BLVD. SUITE 215
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